

City of Baltimore
Recreation & Parks



PRESS RELEASE

FOR IMMEDIATE RELEASE

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Helping Baltimore seniors stay young at heart

Health Fair offers free screenings and consultations

BALTIMORE ---Ask your parents and grandparents, “How smart is your heart?” February is National **Heart Month** and Baltimore City Department of Recreation and Parks is partnering with the Commission on Aging and Retirement Education, General Hospital and the University of Maryland Medical Center to sponsor *Smart Heart Day 2007*. This **FREE** health fair will be held on Friday, Feb. 23, 2007 from 9 a.m. until noon at Waxter Senior Center in Baltimore.

“We are pleased to join forces with our partners to celebrate those who are living longer, healthier and more fruitful lives,” said Connie A. Brown, director of Baltimore City Department of Recreation and Parks. “Rec and Parks wants to get the word out to all of Baltimore’s seniors that there are an enormous amount of benefits associated with an active exercise regiment and lifestyle.”

According to the American Heart Association, **obesity is one of the major risk factors that can be modified, treated or controlled by lifestyle changes.** It’s also recognized as a major risk factor for coronary heart disease, which can lead to heart attacks. Over 83 percent of people who die of coronary heart disease are 65 or older.

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“Our goals for Smart Heart Day 2007 are to make exercise fun and to encourage all seniors to take advantage of the many health and fitness programs offered at Rec and Parks,” said JoAnn Cason, coordinator for Baltimore City Department of Recreation and Parks' Senior Citizens Division. “Smart Heart Day gives older adults an opportunity to begin or renew a commitment to a healthier heart and lifestyle.”

Smart Heart Day 2007 is devoted to the health and wellness of Baltimore's senior citizens, including free screenings of cholesterol, blood sugar, and blood pressure, as well as flu shots and a free heart-healthy breakfast and lunch. Seniors can also take advantage of one-on-one consultations with a health expert on issues such as healthy diets and medication. Health consultations will include 'Ask-A-Doctor', 'Brown Bag Medication Review' and 'Talk with a Dietician'. All attendees will receive helpful information, prizes, give-a-ways and much more. The event is FREE and open to the seniors.

Baltimore City Department of Recreation and Parks is dedicated to serving Baltimore's communities, young and old, and help them lead better, healthier lives. The Division of Senior Citizens offers many life-enriching programs and events aimed at improving the physical and emotional health of our seniors. Activities include health fairs, walking clubs, line dancing, a 50+ Tennis Club, aerobics, and more.

For more information on *Heart Smart Day*, please call (410) 396-6694.

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